

# Facets

THE CENTRAL IOWA EXPERIENCE

SEPTEMBER 2014

## MAJOR LEADERSHIP

Q+A WITH TWO OF IOWA STATE UNIVERSITY  
CYCLONE FOOTBALL 'VARISTY' MARCHING  
BAND'S DRUM MAJORS


THE VERY  
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2014 LADIES'  
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# Facets

THE CENTRAL IOWA EXPERIENCE

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ON THE COVER: Iowa State University Cyclone Football "Varsity" Marching Band drum major Holly Prier directs the band during the Cyclones' game against Iowa in 2013. Contributed photo by Chris Davidson

## EDITOR'S NOTE

My high school didn't have a marching band. We didn't have a football stadium or a pool either, or even air conditioning, but, to me, the absence of the band was the most apparent.

Each Friday night as we gathered to watch our football team take on various Northern Indiana Conference rivals (inevitably at some neutral site, since we had no home field), the sounds of the larger schools' marching bands would fill the air.

I was always a little bummed that our students were never provided the opportunity to dress up in light blue and white band uniforms and egg on our cheering section via song, as nearly every other high school did.

In this vein, I was absolutely thrilled to realize the moment I cracked the window in my Maple Hall dorm room for the first time in August 2008 that I could hear the band — and, most notably, the drumline — practicing each afternoon across campus.

I hardly knew any of the words to the songs at the time, but I knew that the band would be an integral part of my experience at Iowa State.

After four years of waiting in line in the wee hours of the morning to rush into Jack Trice Stadium for the best student-section seats we could manage, I still consider the band's performances to be one of the most special parts of gameday.

I may not be a student anymore, but if you see me near the stadium this fall, you'll probably catch me singing along to "All the Small Things" or dancing to the drumline's "Cowbell."

And while it may be all fun and football games to those in the crowd, I learned this month that being a part of the Iowa State University Cyclone Football "Varsity" Marching Band — or the ISUCFV'MB — is a serious responsibility, but also entirely rewarding.

Todd Burras spoke with Holly Prier and Ashley Kohagen, two of the band's drum majors for this school year. As drum majors, they're in charge of teaching new members the fundamentals, like marching, as well as the fun stuff, like the various dances and jokes the band takes part in over the course of a football game.

Jane Degeneffe spoke with Bonnie Ward and Jennifer Buttolph, founders of From The Heart Quilts Inc., who have transformed their love of quilting into philanthropy by donating quilts to those in need as well as raffling quilts off for charity.



One of these quilts, pictured on page 10, sold for more than \$1,000!

In addition to the beginning of football season (and fall weather, and the return of the pumpkin spice latte ... yum!), this month also brings the beginning of a new era for the Ames Public Library, as it prepares to open its renovated downtown location. For those curious as to what the facelift entailed — and eager to take a look inside before it formally opens — you can find a preview of the library's grand-opening gala celebration on page 18.

And in case your September calendars aren't already booked, we've previewed the sixth-annual Ladies Expo, set to take place Tuesday, Sept. 16 at the Iowa State Center Scheman Building. Presented by Deery Brothers of Ames and sponsored by the Ames Tribune, Iowa State Center and Kix 101.1, the expo is sure to have something for everyone. Advance tickets are just \$10, and even include a free drink ticket!

Lastly, we've profiled two very special women who recently opened their hearts in addition to opening the Overflow Thrift Store on Duff Avenue. Find the inspiration behind the store and get to know co-founders Tami Hicks and Cathy Twito in our Faceted Woman section on page 29.

Nicole Wiegand

NICOLE WIEGAND



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...

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Get to know Cathy Twito and Tami Hicks, the co-founders of the Overflow Thrift Store, which recently opened on Duff Avenue in Ames.

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# MAJOR LEADERSHIP



# Gameday at Jack Trice Stadium just wouldn't be the same without the presence of the Iowa State University Cyclone Football "Varsity" Marching band. Get to know the two young ladies in charge of ensuring the band is on top of its game — and halftime performances — before each kickoff.

BY TODD BURRAS

**D**rums pounding, trumpets blaring, flags waving, people tailgating, the crowd loudly cheering, cardinal and gold colors everywhere. Saturday afternoons in autumn on the Iowa State University campus means one thing: Cyclone football.

But all the pomp and circumstance surrounding the game wouldn't be the same without one key component: the ISU marching band.

Under the direction of Steven Smyth, the nearly 350-member band is largely responsible for creating a festive, celebratory mood that gets fans and players alike fired up for the game.

Leading the band this fall are senior drum major Holly Prier and junior drum major Ashley Kohagen. Here, in their words, are how they got involved in music and the Iowa State marching band.

## HOLLY PRIER

**What's your musical background?**

Well, when I was a really little kid I apparently sang myself to sleep at night, and eventually my mom signed me up for piano lessons when I entered first grade. I took lessons for 10 years and started to teach my own students. Since I was already spending a lot of time practicing music and loved doing it, it made sense for me to join my fifth-grade band.

I chose the flute and have played ever since. My high school had a marching band, and I was there during the building process.

Since my high school was so small (we had 22 members in band my senior year), I didn't envision myself participating in a huge marching band in college because I was scared of being a number. I was convinced by my band teacher to do it, and it scares me to think of where I would be if I wouldn't have joined the Iowa State University Cyclone Football Varsity Marching Band.

**How did you end up becoming the head drum major for the marching band?**

My sophomore year, I decided to take a risk and wanted to see what would happen if I filled out the application for drum major. I ended up getting an interview with our directors and made it to the final round.

The final round had five finalists and we had an audition in front of the entire band. In this audition we were interviewed, had to conduct a small band, march in front of the band and teach a small group of students how to march.

The entire band evaluated each finalist and the top three were chosen. I repeated this process my junior year and was incredibly honored to be selected for a second year, and I became head drum major due to my knowledge and experience from the year before.

**How much time do you spend with the marching band during an average week from early August until the end of the football season?**

A lot, but every second is worth it. Rehearsal time is about

10 hours a week, game days are about 10 hours long, and outside preparation/gigs can be anywhere from 2 to 6 hours a week.

Some weeks can have 26 to 30 hours of band. That's like a part-time job.

**What's the greatest reward to being the head drum major?**

Meeting people. I think about all of the friendships and relationships I have built over the past year, and they're second to none. ... I wouldn't have met my roommate/best friend of three years, the people I hang out with on a daily basis, friends from my church, people who I'll be colleagues with someday, alumni, and other random people who are so generous with their involvement to the band.

The people I have met are so interesting and really, really good people. Watching their enthusiasm, pride and growth is awesome.

**What's the most challenging aspect to being the head drum major?**

Not dwelling upon my mistakes. I obviously strive to make no mistakes, but they are inevitable.

When they happen, I focus upon them for a while. I have gotten a lot better at looking at mistakes in a positive manner. Mistakes help shape me into the person I'm supposed to be and are there to help me become better at my position.

**Do you experience an adrenaline rush leading up to the game?**

Absolutely. Before we take the

field for pregame, we fist bump every single member of the drumline, and that's when I start to get excited.

The feeling of adrenaline continues as the three of us march on the field, but it gets real when we blow the whistles and the band takes off.

Everything is better and more exciting when all 345 members are involved.

**Do you typically know within the first few bars of the opening song if the band is ready to perform as well as it can?**

Yes, and actually this is something that I'm usually aware of a few days preceding the game. If the days of rehearsal leading up to that Saturday have been very productive and focused, the band is going to nail it.

**What's it feel like when the last song is played and the band marches off the field?**

What I imagine finishing a half-marathon feels like. I feel extremely tired but also really proud. Any kind of stress or worry is over, and the hard work paid off.

**Does the marching band staff rate your performance as well as that of the entire bands?**

Yes. I think our director is really good at making sure people know what they're doing right as well as what they need to improve upon.

This is done to individuals and to the group as a whole. As for the drum majors, he does the

CONTINUED ON PAGE 8

ISUCF V'MB drum major Holly Prier directs the band during the Cyclones' game against Iowa in September 2013. Prier has been a drum major since her sophomore year at ISU. CONTRIBUTED PHOTO BY CHRIS DAVIDSON





**NAME:** Holly Prier  
**HOMETOWN:** Ryan, Iowa  
**MAJOR/MINOR AT ISU:** Music education  
**WHEN WILL YOU GRADUATE?** Fall 2015  
**POST-GRADUATION PLANS:** I plan on

substitute teaching spring 2016, and having a teaching job somewhere in the world for the 2016-17 school year.  
**FAMILY:** Lial and Donna Prier, sister Melissa (24) and brother Clinton (17)

**WHAT YOU SEE YOURSELF DOING IN FIVE TO 10 YEARS?** I'm going to be teaching, whether it's in the public schools or piano lessons from my home. Attending further schooling for music education or music therapy is

also very likely, as well as having a family.

**HOBBIES:** Playing the piano, reading books, hanging out with my stellar friends, drinking coffee, watching baseball and basketball.

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Holly Prier, center, teaches new members of the Iowa State University Cyclone Football "Varsity" Marching Band the basics of marching at the band's practice field on the north end of campus. PHOTO BY NICOLE WIEGAND/FACETS

CONTINUED FROM PAGE 7

same thing to us. If he has a problem with something I'm doing, he'll let me know in a very constructive, kind manner.

It's something that I really respect him for and have learned will be really beneficial for my future as a teacher.

It's also cool because he lets his student staff know that he values our opinions of his work as well. He's willing to listen to our thoughts if we think there's something he can improve upon or do different.

**Do you see any transferable skills that you've developed during your time with the marching band that you think will serve you well in your future life and work?**

I could make a list that would never end, but some of the random ones are: thinking of answers to really unexpected questions on

the spot; working with lots of intelligent personalities and combining all of the different ways of thinking; getting used to nothing going according to plan, also known as being flexible; communication; and critiquing in a positive way.

**Anything you'd like to add?**

Being a part of the ISUCFVMB (Iowa State University Cyclone Football 'Varsity' Marching Band) has helped me become more connected to the pride and culture of Iowa State. It's helped me learn how to manage and be effective with my time. It's transformed my teaching abilities, and given me more knowledge every year. It's the best way to show support of Paul Rhoads and his crew. It's given me friendships I'll have in my life forever. It has helped shape the best adventure I could enjoy at Iowa State.

CONTINUED ON PAGE 9



# ASHLEY KOHAGEN

**What's been your musical background?**

I play the alto, tenor and bari sax. I have been involved in marching band since the summer before my freshman year in high school. In high school I marched one year of sax, two years of bass drum and one year as drum major.

**How did you end up becoming a drum major for the ISU marching band?**

Besides the audition process itself, I have my high school band director, Jim Vowels, to thank. He told me the sky was the limit and was the one who encouraged me to try out for the ISUCF'V'MB and reach even further for drum major.

**How much time do you spend with the marching band during an average week from early August until the end of the football season?**

During band camp, it is a rush of all day, every day, but when classes start it drops down to normal class time. However, on a week that has a game, we could spend up to 18 to 20 hours a week once you calculate in game time and rehearsal time.

**What's the greatest reward to being a drum major?**

The greatest feeling is just seeing the band succeed in Jack Trice Stadium; it's not about the glory on the ladder, but rather the accomplishments met by the band as a whole.

**Do you see any transferable skills that you've developed during your time with the marching band that you think will serve you well in your future life and work?**

The most important skills I have learned is public speaking, working with a team towards a common goal, and owning up to your mistakes.

There will be times when you mess up while speaking in front of 345 people, but the ability



Ashley Kohagen. CONTRIBUTED PHOTO BY CHRIS DAVIDSON

**NAME:** Ashley Kohagen  
**HOMETOWN:** Waverly, Iowa  
**MAJOR/MINOR AT ISU:** Agricultural Engineering  
**WHEN WILL YOU GRADUATE:** Spring 2017  
**POST-GRADUATION PLANS:** I am currently a Tillage Quality Engineer at John Deere Des Moines Works, so I would like to continue my career there after graduation.

**FAMILY:** Parents Steve and Penny Kohagen.  
**WHAT YOU SEE YOURSELF DOING IN FIVE TO 10 YEARS:** I hope to be working at John Deere so I can better the lives of farmers like my family.  
**HOBBIES:** Farming the family farm, riding horses, spending time with family and friends, and, obviously, band!

to bounce back and admit you were wrong will get you far. I have already been able to use my public speaking and team work skills at my current job.

**Anything else you would like to add?**

Although we are up on the ladder in front of the band, we

truly thank the hard working members of the band, the student staff and the directors. Without them, we would not have a band, and they make the position of drum major so enjoyable because we get to work alongside outstanding people who love the band just like us.

## TYPICAL GAMEDAY TIMELINE FOR THE ISUCF'V'MB:

**R**ehearsals for the Iowa State marching band start about four hours before kickoff. Since ISU's next home game against Kansas State on Saturday, Sept. 6, starts at 11 a.m., here's what drum major Holly Prier's day will look like:

### SATURDAY

4:30 a.m.: Wake up, get ready.  
 5:05 a.m.: Depart for ISU Music Hall.  
 5:15 a.m.: Meet with student staff/fellow drum majors, prepare to depart.  
 5:30 a.m.: Arrive at Bergstrom indoor facility to prep the field.  
 5:45 a.m.: Drumline/sousaphones unload.  
 6:15 a.m.: Rehearsals begin, breakfast is served after rehearsal.  
 8:15 a.m.: Inspection (this is new this year).  
 8:30 a.m.: Spirit Walk.  
 9 a.m.: Arrive at Alumni Center for Step Show, which begins at 9:30 a.m. with drumline and guard performances beforehand (Shameless plug: the step shows are awesome and everybody should come!).  
 10 a.m.: March to Jack Trice Stadium.  
 10:30 a.m.: Pregame prep.  
 11 a.m.: Game time. Throughout the game we're conducting and communicating to sounds/video control at Jack Trice Stadium.  
 12:15 to 12:30 p.m.: Halftime show.  
 2 p.m.: Dismissal. Marching band director Steven Smyth speaks to the band and then conducts the singing of the ISU Alma Mater and then one of the drum majors writes a clever and funny poem to the band, acknowledges birthdays and makes a joke to finish the day.  
 2:30 p.m.: Truck load up and Bergstrom facility clean up.  
 3 p.m.: Arrive at ISU Music Hall, unload trucks and save the bananas from breakfast.  
 3:30 p.m.: Go home and sleep!

### SUNDAY AFTERNOON

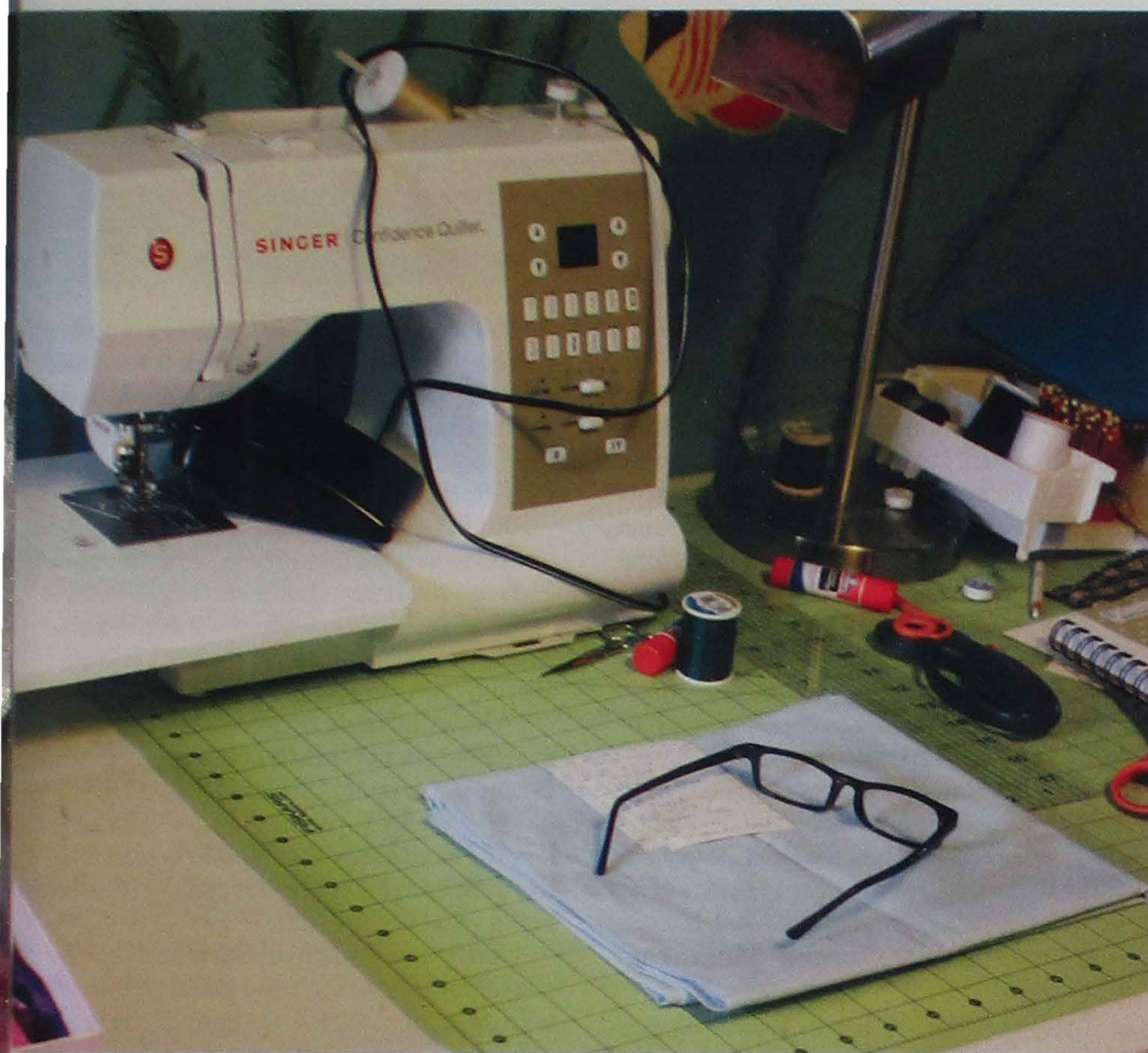
Make banana bread with the other student staff members using the leftover bananas from Saturday's breakfast.





# The very fabric of life





Left: Bonnie Ward's quilt that sold for \$1,200 at auction in Minnesota. Above: Bonnie's workspace. PHOTOS BY JANE M. DEGENEFTE

## For Bonnie Ward and Jennifer Buttolph, quilting is more than just a hobby

PHOTOS AND STORY BY JANE M. DEGENEFTE

For those who like to work creatively with their hands, there are plenty of opportunities for both the extrovert or introvert.

Bonnie Ward and Jennifer Buttolph are two examples of people who work diligently with their hands to contribute beautiful quilts to a sometimes hurting world.

Bonnie is more the introvert working up quilts in her home with her 10 (!) sewing machines, and Jennifer is the founder of the Ames quilting club, From the Heart Quilts Inc., an extrovert who opens her home to monthly,

sometimes bi-monthly sewing groups.

Both of these ladies are long-standing Ames citizens who enjoy interacting with community efforts that comfort those who need comforting.

After retirement, they found that they wanted to continue to be active.

These women met through From the Heart Quilts, Inc., a non-profit group that enables people to create quilts to give to such places as Habitat for Humanity, Johnston Boys Home, Beloit Campus, Fort Dodge Women's Home, Walter Reed Hospital, Mary Greeley Medical Center's pediatrics, and Boone County homeless

shelter for women and children.

Piece by piece the colorful fabrics of these quilts come together to bring reminders of good in the midst of a sometimes hurting world.

What these women do productively with their hands unfolds yet another reality; we need each other to survive.

It isn't simply a creative need for expression that inspires these women, but rather a need to share. Within these efforts, their projects become major contributions. And they "sew" enjoy doing it.

CONTINUED ON PAGE 12

# Home

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# "Families are like quilts — each piece is a unique part of a precious masterpiece of love."

— From the Heart Quilts Inc.'s motto

CONTINUED FROM PAGE 11

"Some women like shoes, but I like sewing machines," Bonnie said.

"My grandmother started me with quilting when she lived with us for awhile."

Bonnie has natural giftedness of an artist. The room we visited in was painted years ago in a huge mural of ocean life. After her children moved away, she converted the room into a sewing room that houses fabric and machines. As if a child herself now, she plays and plays with designs for new baby quilts and her biggest contribution of all the yearly fireman's raffle in Grand Morais, Minn.

"My major at Iowa State was art and art education," Bonnie said. "I like to do all of the drawing and painting. Any kind of artwork on my own. I never liked teaching it to someone else. I mean I did, when I had art classes, but just really preferred to do my own thing at home."

Bonnie was a substitute teacher at Ames High for 25 years. The last 10 years, she was permanent sub, which meant that she was there everyday.

"It's just since I retired in 2009 that I've been able to dive into what I love to do, and that is quilting. I make quilts," she said.

Since 1978, their family went up each summer for a week or two to the boundary waters near Canada up to Gunflint trail. What she called a "cheap vacation" brought many memories and experiences that are now depicted in the full-size quilts that get raffled each year to donate to the three volunteer fire stations along the trail.

"That's where I get my inspiration from," Bonnie said. "All those years of experience, and all of the funny little things that have happened."

"The first few that I made are upstairs. They are very basic," she said with a laugh. "A big bear, cattle, canoe, mosquito. Those would be my early ones. They are the work up towards those that I give to the firemen."

Now, I've seen these "very basic" early quilts and they are quite painterly. Nothing basic in my estimation.

Beautiful and rich with story. Blueberry patches, children playing in the water, canoes, eagles, loons and moons, fish and

fun. Pure joy pops out at you.

"There's a 60-mile trail from Grand Morais to the end of the trail," Bonnie said. "There are many, many lakes and resorts along the trail. Better have your canoe with you if you want to go any further. And it takes you up to Gunflint Lake where we stay at the resort. It's a big lake — six miles long and very deep."

"The resort is maybe 10 miles from the end of the trail."

Along the trail, there can be fires from storms or people who are careless. People who live along the trail are a part of that effort to prevent forest fires. The benefit for the fire stations is held once a year to help with expenses. Not just for fires, however.

A call came in for an older gentleman who went berry picking and didn't come back. They found him slumped over, lying in the berry patch.

"He had a heart attack or stroke," Bonnie said. "So, the firemen are a part of that too; a Search and Rescue team."

...

Now your quilts are a part of that fundraising benefit. How did your quilt do this year?

"Twelve-hundred dollars, and the state of Minnesota matches that raffle sale tenfold."

Bonnie's quilt last year raffled for \$1,000.

How long does it take you to do a baby quilt?

"Maybe a week. Sometimes not even that long. It depends on how much I put into it."

Bonnie can sew for hours. She loves to make these baby quilts, which are oftentimes gifts, but are also a part of her contribution to From the Heart Quilts Inc. where they distribute them as needed.

Bonnie prefers to work at home, however, Jennifer Buttolph has converted her front living room into an actual production room.

Totally nonprofit, the open group started with five friends and now has 33 women and one gentleman arriving to quilt each month. She says her husband is a gem.

He supports her efforts and goes along with all that she wants to do in her nonprofit quilting endeavor.

The front living room space is set up with two huge sewing tables equipped with adequate lighting for piecing quilts. As you move further back into the house, you see another room equipped with a room size machine made to put together a large quilt.

"Eight people can sew, and we can also set up tables in my dining room," Jennifer said.

From the Heart Quilts Inc. began in 2011. Jennifer decided that when she retired she had to do something and "couldn't just sit around doing nothing."

"I have so many friends, too. I couldn't do it without them with all of the projects and causes we support," she said.

"Every once in awhile, we get a thank you. It helps us to know that people appreciate the quilt and it gives us the courage to keep doing what we're doing."

Ninety-five percent of the fabric is purchased by Jennifer, yet she seeks out people willing to give fabric donations. If there are people who desire to learn how to quilt, this group will teach.

Some people enjoy helping with the ironing and organizing, and none of the sewing. If there is an interest in joining the group, one can know that it is open and welcoming.

The motto for the group is, in essence, the very fabric of life. In Jennifer's reading times, she came across a saying that she shares on a slip of paper when presenting the gifted quilts: "Families are like quilts — each piece is a unique part of a precious masterpiece of love."

The warmth and protection felt within the folds of the quilt are like the incredible comfort felt when one is surrounded by the sincere love of a caring family."

With an added flourish at the bottom of the page it exclaims, "CHERISH THE WARMTH!"

Most certainly, these two women are examples of the very fabric of life — giving and including others. We all can learn from their handiwork and enjoy the beauty that comes from their hands.

The hurts around us cannot always be easily healed. Yet, the helplessness when witnessing the world's troubles can be generated into works of art. And the warmth of such gifts are to be long remembered.



# OUR STORY: DEERY BROTHERS OF AMES

Shortly after Deery Brothers of Ames arrived in the area in July 2012, the owners started talking about the possibility of a new building. Two years later, that possibility has become a reality for Mark Chasey, owner and general manager of the dealership.

"It will be a state-of-the-art facility," he said. "We are really looking forward to it."

Located on Southeast 16th Street, the new building will be visible from highway 30 and right off the Dayton Avenue exit. "It will be easy access for our customers," says Chasey.

Brand new for the dealership and located in the new building will be an express lane service. Chasey said that this will make maintenance services such as oil changes quick.

"We will have people dedicated to just handling oil changes," he said. "We look forward to offering that service to our customers."

Also new and exciting in the new building will be the addition of a 30,000-pound truck hoist which will allow commercial customers to have their vehicles serviced.

The ability to serve all customers, including commercial, is something Chasey is proud of.

"We think that is an important factor," he said.

With all sorts of new offerings, people can expect personal attention when visiting.

"Service advisors in our express lane will give them individualized attention,"

said Chasey, who added that advisors will listen to all questions and concerns.

Packed with new and improved services, there is a little something for everyone in the 26,000 square foot building.

One foot in the door will give customers open views of the offices, vehicles and service area.

Those waiting on oil changes or other services will be able to relax comfortably in the lounge area while helping themselves to the full beverage bar.

Children will get a kick out of the toys, television and play area specifically designed for Deery's smallest fans.

With more space comes the possibility of more sales people. With eight qualified sales staff, the dealership will look to

possibly increase and maybe double that when the building is finished.

Chasey takes pride in his staff: "I think it's a great business when you have employees who enjoy what they do because the customer experience becomes the main focus," he said.

"It's a great place to do business because we look to exceed our customers' expectations."

Excited to involve the community in the building changes at Deery, there will be a grand opening in August.

"The building doesn't make the business but it will help make the experience even better," Chasey said. "We are looking forward to showing it off."

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Ladies will also enjoy wonderful appetizers that will be served throughout the evening.

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- **Ames Tribune:** 317 Fifth St., Ames, IA. Hours: Mon. - Fri. 8 a.m. to 5 p.m.
- **Deery Brothers of Ames:** 1700 SE 16th St, Ames Hours: Mon., Wed., Thur. 8:30 a.m. to 8:00 p.m., Tues. and Fri. 8:30 a.m. to 6 p.m. and Sat. 8:30 a.m. to 5 p.m.

For a complete list of vendors and up-to-date Expo information visit [amestrib.com/ladiesexpo](http://amestrib.com/ladiesexpo)

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Construction workers put finishing touches on the exterior of the new public library set to open Sunday, Sept. 14. PHOTO BY KELSEY JOHNSON/FACETS

# GRAND OPENING GALA

## Patrons can get sneak peek of new library during gala

BY KELSEY JOHNSON

**T**he Ames Public Library will host a pre-opening gala on Friday, Sept. 5, that will allow attendees to get a sneak peek at the new and improved new building.

"The building is the showcase, it's the jewel of the celebration," said Lynne Carey, Director of the Ames Public Library.

"We want people to come and rediscover the library," said Steve Sullivan, a member of the Ames Public Library Friends Foundation.

Tickets are \$75 per person with a portion going to support Project Syles and other programs. Anselman said that \$35 of the ticket may be tax deductible and will benefit library outreach programs.

The gala will be from 7 to 10 p.m. and will feature food and beverage catering along with many forms of entertainment.

"We have live music, we have a sketch artist and photo booth," said Andrea Anselman, a member of the Ames Public Library Friends Foundation.

She said there are four or five different live music acts, both singing and instrumental,

that will be going on at different times and locations throughout the building.

Anselman said there will also be a fundraising silent auction that features prizes such as a week's stay in a condo in Florida, jewelry from local shops, comedy show tickets and much more.

CONTINUED ON PAGE 19



# REdiscover

## Ames Public Library

Please join the **Ames Public Library Friends Foundation** for a **Gala Celebration** and a first look at your renewed library!

**Friday, September 5, 2014**  
**7 to 10 p.m.**  
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**\$75 per person**



PHOTO CONTRIBUTED BY AMES PUBLIC LIBRARY

CONTINUED FROM PAGE 18

Carey said the renewal project increased the size of the facility by more than 60 percent which allows more space for civic events, meetings and study.

She said that there are spaces for group and individual study. The youth service department has also been expanded and has areas for each level of development.

"People see the library as a neutral meeting ground and we want them to feel welcome," Carey said.

Carey said that they're taking security and public safety

seriously at the new location and the staff realizes that while they will be welcoming in more of the community, they also need to take extra precautions.

"We want people to actually explore the building and enjoy the extras and added entertainment features," Sullivan said.

Sullivan said that with the celebration will come the release of the companion book to the ever-popular *Dog Tales*, which is all about the adventures of Smyles, the library mascot.

"There are many people who loved the first book and I

imagine they will feel the same about the second," Sullivan said.

He said that the event is shaping up to be bigger and better than the foundation had originally planned.

He said that they originally expected to have 200 people in attendance for the gala, but that they have sold at least 200 tickets for the event already and tickets are still available.

"The response has been phenomenal and this is an event that people want to be a part of," Sullivan said.

Excitement for the new library builds as the closing

date for the temporary location nears. The foundation is excited to show the community what the new building has in store.

"Bringing together people who love the library and just to share the experience with them ... it's a party," Carey said.

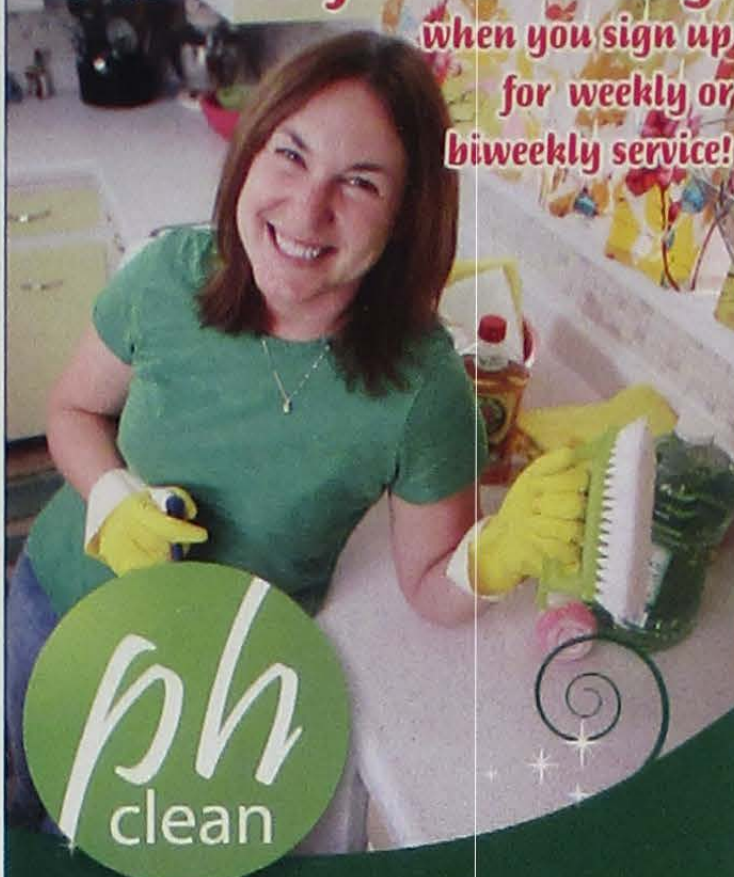
Sullivan said that the community is excited for the event and that it will be a good way to send the library into its grand re-opening, which is scheduled for Sunday, Sept. 14.

"It's looking like it's going to be a wonderful event to kick off the library and of fall in Ames," he said.



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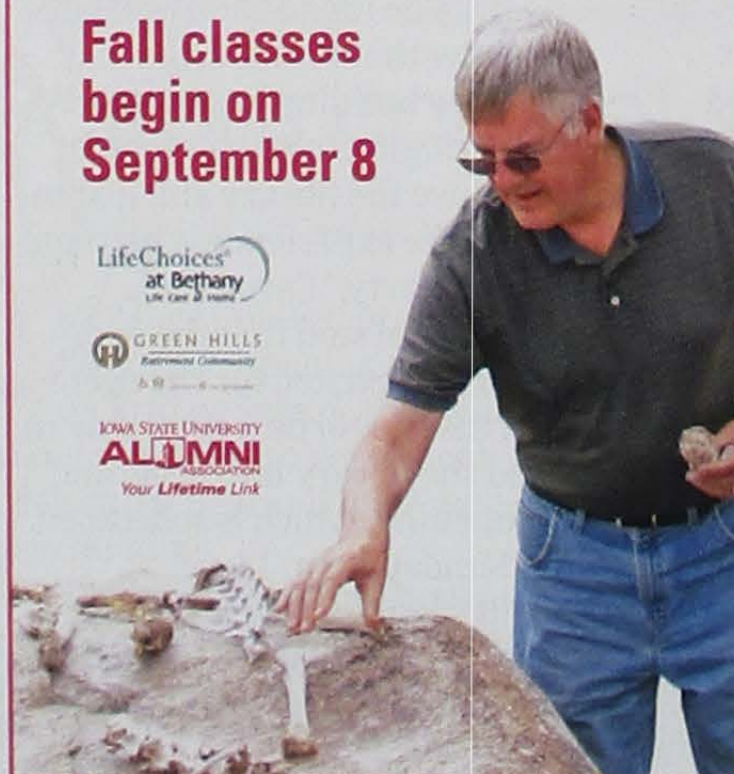
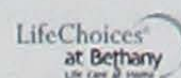
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# Shrubs for summer beauty

BY JAN RIGGENBACH

Every garden could use a summersweet (*Clethra alnifolia*) or two. This shrub blooms in the dog days of summer, with spicy-sweet flower clusters and glossy foliage.

What's more, almost any gardener would find it easy to make room for this sweet shrub. While some varieties can reach a height of 8 or 10 feet, compact choices such as Sixteen Candles and Sugar-tina Crystalina grow only about 30 inches tall. Both have white flowers. Ruby Spice is a mid-sized, pink-flowered variety.

Unlike most shrubs, this North American native prefers wet soil. It's a great choice for slow-to-drain clay soil, which would be lethal to many other shrubs. Deer don't like it. Rabbits don't like it. But butterflies love it. Another plus: Summersweet foliage turns a pretty yellow in autumn.

The perfect spot for a summersweet shrub would be one with morning sun and afternoon shade.

With enough moisture, though, full sun also suits summersweet.

Insects and diseases are seldom a problem. If the shrub starts to grow wider than you want, you can keep it in bounds by pulling out any extra shoots.

Sometimes summersweet finds the soil too alkaline for its liking. If so, it will let you know with early-yellowing leaves.

If that should happen, I would just apply an acid fertilizer, or wait until winter to scatter about 6 ounces of sulfur evenly on the ground around the shrub.

I think summersweet deserves to be much more widely planted than it is. Trouble is, when people are buying plants in spring, summersweet is just starting to leaf out and doesn't attract much attention. But take another trip back to the garden center in late July or August, and you're likely to find this beauty in full, fragrant bloom.

Another fragrant summer-blooming shrub has already gained wide acceptance with gardeners. It is

butterfly bush (*Buddleia*), sometimes called summer lilac.

As its name implies, butterfly bush is a magnet for butterflies. But unlike summersweet, butterfly bush requires full sun and well-drained soil.

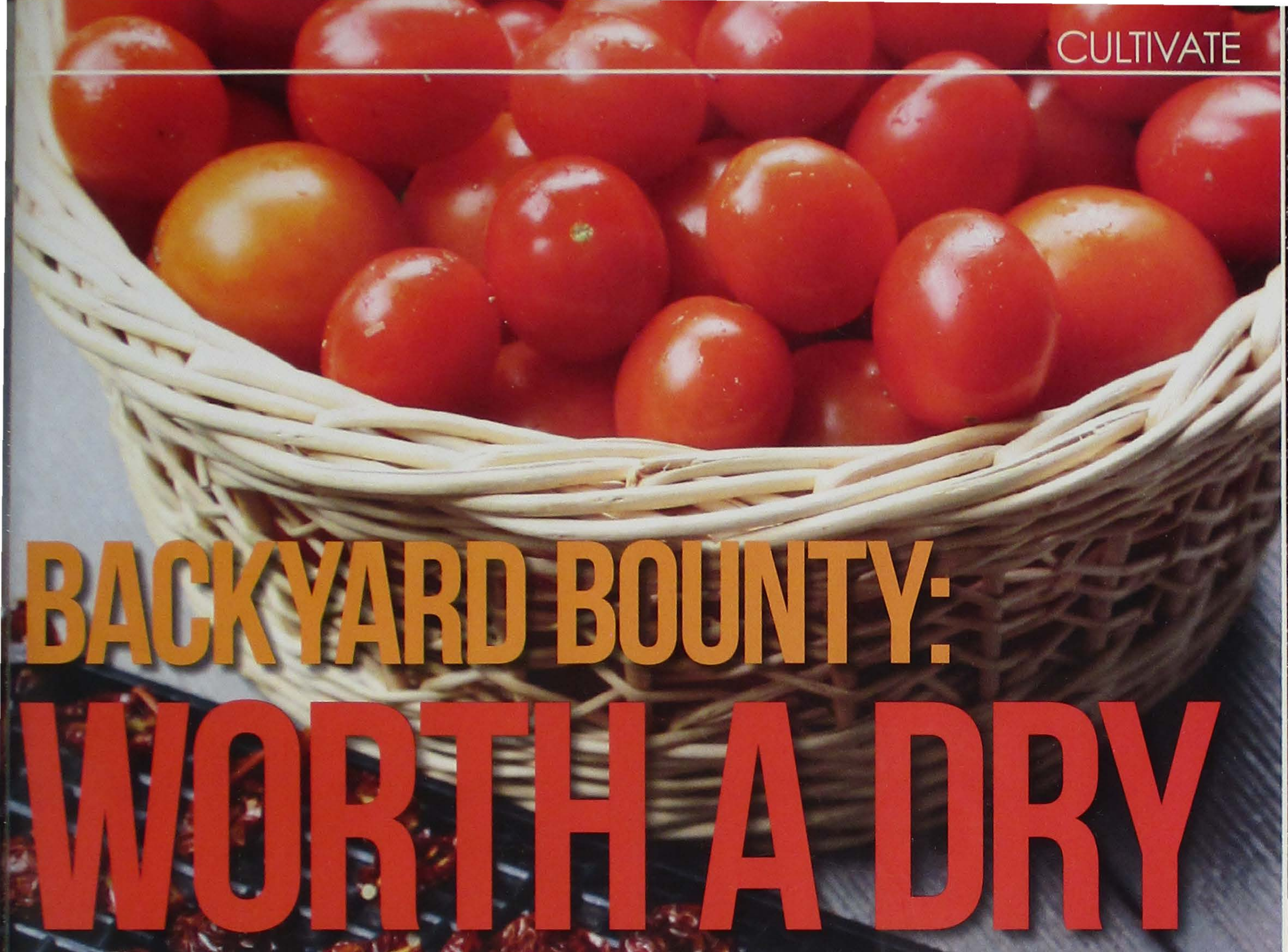
Plant breeders have been hard at work, creating new seedless varieties such as the InSpired series and the smaller Lo & Behold series, which grows 3 feet tall or less.

For the gardener, a seedless variety has the advantage of no need to cut off faded flowers and no unwanted volunteer seedlings.

Seedless varieties became a priority for breeders after Oregon banned butterfly bushes. The problem there was that the shrubs were spreading everywhere. Although butterfly bush is not as invasive in the Midwest as in Oregon, we, too, reap the benefits of these new, easy-to-grow varieties.

*Longtime garden columnist Jan Rigenbach lives in Omaha.*





# BACKYARD BOUNTY: WORTH A DRY

BY JAN RIGGENBACH

I like to grow cherry tomatoes because they're fun to eat and usually some of the first tomatoes to ripen. But by late summer, they're ripening in such quantities it's hard to keep up with the harvest. It's not difficult to see how someone came up with the name "Sweet Million" for one popular variety.

A bounty of regular tomatoes gets turned into sauces, but what to do with the extra cherry tomatoes? That's where the food dehydrator comes in handy. I just cut the cherry tomatoes in half and spread them out to dry on the dehydrator's trays.

Not exactly sun-dried tomatoes, they're

nevertheless wonderful in winter salads or soaked in a little olive oil to use to top pizzas.

Dried foods keep indefinitely, and I like the low-tech storage. Unlike with produce stashed away in the freezer, there's no worry if the power goes off.

The main trick to successful long-term storage is called conditioning. Once foods are completely dehydrated, I put them in a paper sack in the pantry and then shake the sack once a day.

That evens out any moisture that might be left in some of the produce. At the end of a week, the dried food is ready to be tucked away in glass jars to keep until needed.

Other foods are equally

convenient when dried. Onions, for example. Those with thick necks or other defects won't keep long "as is." But if diced and dried, they become a terrific convenience food to use when cooking.

Herbs dry quickly in a dehydrator and keep their nice green color. Fruits of all kinds are also ideal for drying. In winter, dried berries for topping a bowl of cereal or dried apple slices for a snack are a real treat.

Fruit leather is a long-time favorite snack in our family. It comes in especially handy for a no-mess, healthy snack when traveling. It's easy to make. Just puree any kind of fruit or mixture of fruits in the blender. If you want it sweeter, you can add some

honey. Many fruits such as pears and apples taste great without added sweetening.

After lining the dehydrator's trays with Teflon-coated sheets, I pour the pureed fruit onto each tray and smooth it out with a spoon to a thickness of about 1/4-inch. When thoroughly dried, it peels off like a sheet of leather and can be rolled up like a scroll.

Most vegetables require blanching before drying, but tomatoes, onions, peppers and fruits need no pre-treatment.

The cost of a food dehydrator (several hundred dollars) is the main drawback, but after 40 years I'm still using my old Excaliber dehydrator. It paid for itself long ago.

*Longtime garden columnist Jan Rigggenbach lives in Omaha.*





# Hand pies:

## Perfectly portable beach treats

PHOTO BY LAUREN CHATTMAN/NEWSDAY/MCT

BY LAUREN CHATTMAN  
NEWSDAY

**F**ruit pie season and beach season coincide, but it's not easy to enjoy them simultaneously. To do so, you have to find a place in your beach bag for a pie server, plates and forks.

Once you unpack the necessary equipment onto your towel, you must take extra care when slicing, unless you enjoy a sprinkling of sand on your strawberry-rhubarb.

Does that mean you should skip the pie and stick to items like cookies and brownies that can be served straight from a Tupperware container when baking for the beach?

Not if you know how to bake the fruit pie's little cousin, the hand pie.

One of the best things about hand pies: you can freeze them before baking.

Place any extra pies on a parchment-lined baking sheet and freeze until firm, then slide them into a zipper-lock bag and freeze completely for up to two weeks.

### BERRY HAND PIES

Use your favorite pie dough recipe. You'll need enough dough for a double-crust pie. Or buy pie dough at the supermarket. You'll need about 1 1/4 pounds.

2 1/2 cups blueberries and/or raspberries, rinsed and picked over

1/2 teaspoon pure vanilla extract

2 to 4 tablespoons sugar plus more for sprinkling

1 tablespoon cornstarch

Pinch ground cinnamon

Pinch salt

1 1/4 pounds (enough for a double crust) pie dough, chilled

1/4 cup heavy cream

Preheat the oven to 375 degrees. Line two baking sheets with parchment paper. Combine berries, vanilla, sugar, cornstarch, cinnamon and salt in a medium bowl and let stand, stirring occasionally and mashing a small number of berries with the back of a spoon, until sugar is dissolved.

On a lightly floured counter-top, roll out dough to 1/8-inch thickness. Use a 5-inch round bread-and-butter plate as a guide to cut as many circles as you can from dough, then transfer to prepared baking sheet and lightly sprinkle with flour. Reroll

and cut the scraps.

Working with one circle at a time, place 2 heaping tablespoons of filling on one half of circle, leaving a 1/2-inch border. Fold dough over berries. Use tines of fork to seal edges. Repeat with remaining dough circles and filling.

Space the pies at least 1 inch apart on the baking sheets. Use a sharp paring knife to cut 3 (1/2-inch) vents in the top of each one. Brush with cream and sprinkle with sugar. Freeze for 15 minutes. (At this point, you can slide the hand pies into a zipper-lock bag and freeze them for up to 2 weeks before proceeding.)

Bake the pies until golden, 35 to 40 minutes. Let cool 5 minutes on baking sheet, then transfer to a wire rack to cool completely. Makes 12 hand pies.





PHOTO BY KATHLEEN GALLIGANMCT

# Chocolate cheesecake bars: The perfect way to please a crowd

BY SUSAN SELASKY  
DETROIT FREE PRESS

If you need a dessert to feed a crowd, here's one to try. These Chocolate Cheesecake Bars require mainly pantry ingredients and are simple to put together. When making them, be sure to plan on the chilling time. They need to chill at least four hours in the refrigerator, but overnight is best.

## CHOCOLATE CHEESECAKE BARS

Makes: 25; Preparation time: 20 minutes; Total time: 1 hour

### CRUST:

1 cup all-purpose flour  
1/2 cup sugar  
3 tablespoons baking cocoa  
1 teaspoon baking powder  
1/4 teaspoon salt

1/2 cup cold unsalted butter, cubed  
1 egg yolk  
1 teaspoon vanilla extract  
1/2 cup finely chopped walnuts or pecans

### FILLING:

1 package (8 ounces) reduced-fat cream cheese, softened  
1/3 cup sugar  
1/2 cup reduced-fat sour cream  
1 tablespoon all-purpose flour  
2 teaspoons grated orange peel, optional  
1/4 teaspoon salt  
1 whole egg, lightly beaten  
1 egg white, lightly beaten  
1/2 teaspoon vanilla extract  
Chocolate shavings or sprinkles, optional  
Preheat the oven to 325 degrees. Line an 11-by-7-inch pan with foil, allowing foil to overhang on short sides of

dish; grease the foil.

In a large bowl, combine flour, sugar, baking cocoa, baking powder and salt. Cut in butter until mixture resembles fine crumbs. Stir in egg yolk, vanilla and walnuts. Press onto bottom of prepared pan. Bake for 15 minutes.

In a small bowl, beat cream cheese and sugar until smooth. Beat in sour cream, flour, orange peel and salt.

Beat in egg, egg white and vanilla on low speed just until combined. Pour filling over warm crust. Bake for 20 to 25 minutes or until center is almost set. Remove from oven and cool on a wire rack for 1 hour.

Garnish with chocolate shavings or sprinkles if desired. Refrigerate overnight. To serve, lift out of pan and remove foil. Cut into 1-inch to 2-inch squares.

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# WHAT IT TAKES TO FILL A JOHN BUCKET

**S**o I'm reading an article in a professional beauty magazine. On the cover is the title "20 Shower Caddy Essentials Must-Haves for College-Bound Clients."

I think back to my college days and do not recall a caddy full of 20 items. Turns out they mean 20 new products many of which are in the same category, like shampoo and conditioner.



MARY CLARE  
LOKKEN

Well, that made the wheels turn for me and I started thinking about what a college kid needs today for the caddy. Are there really 20 items that go into a caddy?

By the way, we used to call them "John buckets," and they were often round containers that resembled buckets or were, in fact, buckets.

Today, the John bucket (or shower caddy) is much cooler, coming in many sizes, shapes and colors, but its purpose remains the same: to allow students to haul their bathroom essentials back and forth when it's time to take a shower in the shared bathrooms of dorms.

They come in handy even in apartments where fewer

students share the bathroom. It seems that you have to protect your stuff from others who may have forgotten theirs at home.

Let's take it from head to toe. That order will make sense and help you fill that bucket for your favorite college student.

From the top, let's start with hair care. Gals and guys need their shampoo and conditioner as a minimum. Guys often like the two combined. If your student colors or perms, he or she will need treatments to protect and preserve those chemical services. Ask a favorite stylist. So that's **1. shampoo**, **2. conditioner** and **3. treatment** in the caddy.

Hair care doesn't end in the shower. Next comes the **4. styling aid** that protects from sun or heat and helps support the style and **5. hold products** that can keep the look in place even in rain and wind.

Body care is more than soap today. Most of the young crowd uses liquid body cleansers with a mesh puff to wash the body.

Some still prefer a bar of soap, but not their mom or dad's soap — more likely it's a body bar that does not dry out the skin.

According to current TV commercials, the soap can be gender specific. A nice shower brush with a long handle is still a

good choice. And that's **6. liquid cleanser**, **7. mesh puff** and **8. shower brush** in the caddy.

Nail care involves hands and feet. It's also about more than the nails. Hands are in and out of water and are used more daily than any other part of the body.

They need tender loving care to stay soft and pretty. Even young men want nice hands. While we hide our feet most of the time, they need an appropriate lotion and a pumice bar to stay soft and attractive. Now there is **9. hand/foot lotion** and **10. pumice** for heels in the caddy.

Now don't forget a **11. razor** and **12. shave cream**, **13. toothpaste** and **14. toothbrush**, **15. comb** and **16. brush**, plus **17. hot tools** for styling the hair all go into the caddy. And we haven't even touched on makeup items like foundation, blush, shadow, liner, mascara, lip color, and nail color, cuticle oil, etc.

So much for the 20 items needed to keep a college student equipped for a beautiful, confident life away from home!

I travel a bit consulting beauty schools around the country and, as such, I have a bag ready at all times to make my life easier. And while I have a simple hairstyle, I can assure you that it contains more than 20 items I need to survive on the road — my modern day John

bucket (or shower caddy). And that's not because I am much older than your average college kid.

Where would you be without a manicure set including a nail file, a nail scissor, a cuticle trimmer and cuticle pusher?

And the list goes on. If your student went back to college without some of these things and more, you have your holiday shopping cut out for you — or, do what my mom did — send them a few new items every month or so to say you miss them.

Now your only challenge is selecting which products your student loves. And that can change overnight as they come in contact with the preferences of their roommates. Maybe a giftcard would be more appropriate for that "I miss you" gift.

Finally, I won't even tell you what was in my John bucket in the sixties. It is enough to say there were many fewer items than today.

That's why I love the beauty industry — there is always something new and different for each of us to use to make us feel and look great. Check on the latest at your licensed salon or school.

Mary Clare Lokken is the owner of PCI Academy in Ames. Reach her via email at [mclokken@gmail.com](mailto:mclokken@gmail.com).



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# TIME TO EVALUATE: ARE YOU A SAVER OR AN INVESTOR?

The first days of school provide an opportunity to review and refresh last year's knowledge. It is also a good time to think about who you are.

Maybe you were the class clown last year, and that didn't work out so well. Maybe you were all about studying and missed out on social interactions.

Before classes begin is the perfect time to evaluate your actions and determine if you want to make changes.

How about you — is it time to review and refresh your financial skills? Are you pleased with your progress towards your major financial goals? Or, are you like many students — last year's plans didn't work out so well and you are ready to evaluate your actions and determine if you want to make changes?



KAREN  
PETERSEN

## ARE YOU A SAVER OR AN INVESTOR?

Savers and investors are similar in one way; both accumulate money for future goals.

**Savers** want certainty. They want to know how much interest they will earn and when their money will be returned to them. Savers absolutely don't want their money to decrease.

**Investors** want their money to grow. There is no way to know how much their money will grow and there is not a predetermined date to redeem. Investors must accept that if their investment can increase in value and can also decrease in value.

## COMMON SAVING AND INVESTMENT OPTIONS

**Certificate of Deposit (CD):** When you buy a CD at your bank or financial institution you allow the bank to use your money for a pre-determined time and amount of interest. CDs are usually guaranteed up to a defined amount.

**Bond:** When you invest in a bond, you loan your money to a corporation or

government entity.

**Stock:** When you invest in stock, you are an owner; your investment in the stock gives you a small position of ownership in the company. You might be paid a dividend, your principal could increase or decrease and there is no pre-determined time you will be required to redeem your investment.

## CHOOSE YOUR INVESTMENT

If you need your money in less than three years, a savings account or CD is the best choice. Right now, that means a low return, likely 1 percent or less; it also means you will not lose money.

Bonds and stocks work well for mid- to long-term financial goals. Remember, if all goes as expected, bonds pay interest and return your initial investment on a pre-determined date.

A stock might pay a dividend (some do and some don't) and you can sell your stock at anytime. When you sell, you will receive more or less money than you invested.

I painted a pretty grim picture of stocks; why would anyone take that risk?

The answer is historically stocks have produced a better return than cash or bonds. If you are investing for the long-term, five to ten years or more, consider long-term investment returns.

If you invested one dollar in large company stocks in 1926, the inflation adjusted value today would be \$312. That same one dollar invested in long-term U.S. treasury bonds would have an inflation adjusted value of \$8.94. And your cash ... the purchasing value of that 1926 dollar is just 8 cents today.

Most of us are not pure savers or pure investors.

If you have long-term financial goals, you can become a confident, savvy investor, because life is ... more than money. ♦

Karen L Petersen CFP® CDFA™ is a fee based financial advisor. You can contact her at 515 232 2785 or karen@mymorethanmoney.net Registered Representative, Securities offered through Cambridge Investment Research, Inc., a Broker/Dealer, Member FINRA/SIPC. Investment Advisor Representative, Cambridge Investment Research Advisors, Inc., a Registered Investment Advisor.



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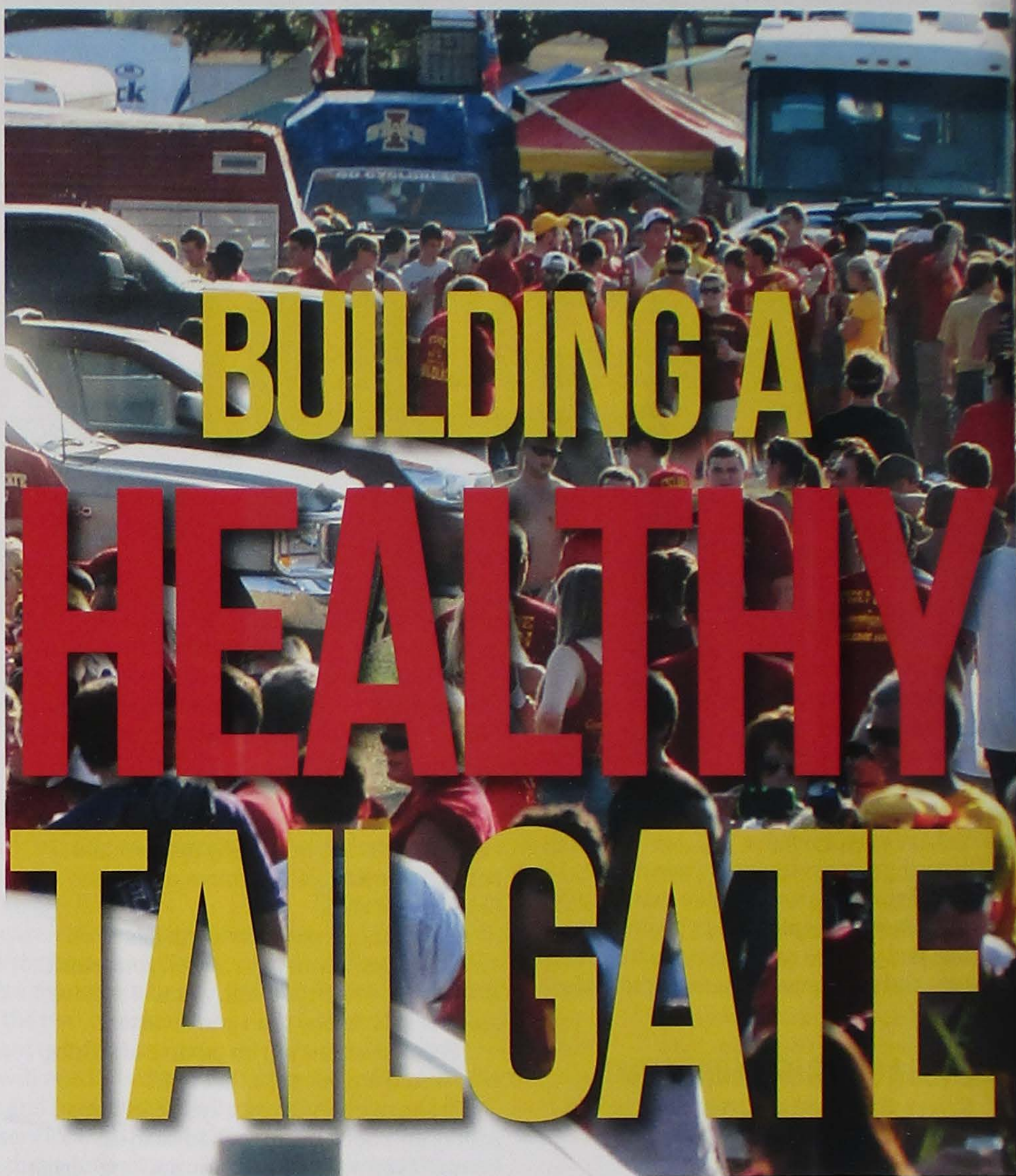
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## NOURISH



**C**an you believe another football season is in full swing?! It's that time of year when Jack Trice Stadium's parking lots will be filled with Iowa State fans. Park the truck and let the tailgate down.



AMY CLARK

Whether you are grilling on your backyard patio or at the stadium parking lot, tailgating brings big appetites. From better beverages to healthier

sides, make your next tailgating event, or get-together, nutritious and delicious.

### LOOK FOR LIGHTER ALTERNATIVES

- Instead of nacho chips with high-fat cheese, try Beanitos® bean chips with salsa. For a twist, mix your favorite salsa and non-fat Greek yogurt together to make a creamy dip. Or, try guacamole in moderation as avocado offers a heart-healthy fat.

- Instead of barbecue or hot chicken wings, try chicken or seafood kabobs. They're easy and quick to cook.

- Think beyond burgers and brats for alternatives that will help add variety and excitement to your next tailgating celebration.

Consider chicken brats, ground turkey breast, ground chicken breast or vegetarian burgers for something new and nutritional.

Make it a wholesome meal with whole grain buns or whole grain sandwich thins. Higher fiber content will help you feel full longer.

- Chili has a wonderful healthy base of beans and tomatoes; however, beef,

CONTINUED ON PAGE 27





FILE PHOTO BY ELI HAMANN/FACETS

CONTINUED FROM PAGE 26

sausage, cheese and sour cream can intercept your healthy eating plan. Try choosing extra-lean ground beef, chicken or turkey, or try soy crumbles. Garnish with low-fat cheese and non-fat sour cream.

- Instead of high-calorie sandwiches made with extra cheese and mayonnaise, try selecting a healthy whole grain bun and then add deli cuts of ham, turkey and roast beef. Switch from regular mayo to the low-fat version and use mustard. Don't forget the veggies.

- Drink a non-alcoholic

and calorie-free beverage all day, or at least between each light beer.

Remember that in excess of two drinks a day for men and one drink a day for women, the negative effects of alcohol outweigh the health benefits. Moderation is key.

## EXPLORE THE HEALTHY SIDE

Get creative and think outside the box with nutritious and delicious tailgating sides. Incorporate fresh fruits and vegetables in a variety of team colors for food fun. Consider simple substitutions in your favorite recipes for big nutritional benefits that everyone will be a fan of.

- Try substituting low-fat or non-fat mayonnaise or sour cream in traditional dip and salad recipes.

- Non-fat Greek yogurt or Sigg's skyr yogurt will add protein-packed goodness to potato or macaroni salad when used in place of mayonnaise. They make a great alternative to sour cream dips as well.

- Fruits and vegetables are high-fiber fillers that will add flavor without fat to your favorite sides. Try grilled bananas, pineapples and peaches served with a low-fat yogurt dip.

CONTINUED ON PAGE 28

## ACTIVE AGING WEEK:

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CONTINUED FROM PAGE 27

## PUMPKIN CHIPOTLE CHILI

Serves: 8 (4-ounce) servings  
Source: Recipe by Chef Cori Albers, Ames Hy-Vee

### ALL YOU NEED:

- 1 tablespoon olive oil
- 1 small onion, cut in small dice
- 2 large cloves garlic, minced
- 1 (15 oz) can no-salt-added black beans, drained and rinsed
- 1 (14.5 oz) can no-salt-added diced tomatoes
- 1 (15 oz) can pumpkin
- 1 tsp ground cinnamon
- 1 (11 oz) can chipotle corn, drained and rinsed
- 1 chipotle pepper in adobo sauce, chopped + 2 tbsp of sauce
- 3 cups unsalted vegetable broth
- 1 tsp apple cider vinegar
- 1/2 tsp Diamond Crystal kosher salt (or more as needed to taste)

### ALL YOU DO:

In a large saucepan over medium-high heat, add olive oil and coat bottom of pan. When oil is shimmering, add onion and let sweat for 2-3 minutes, until onion becomes translucent. Add garlic and continue to cook for another 2 minutes.

Add black beans, tomatoes, pumpkin, cinnamon, chipotle corn, chipotle pepper and 2 tbsp. adobo sauce. Stir together until well combined. Add the vegetable broth.

Bring chili to a boil, then reduce to a simmer and cover. Let simmer for 60-90 minutes, stirring occasionally. Add apple cider vinegar. Season with salt to taste. Serve hot.

Nutrition per serving: 130 calories, 2.5 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 320 mg sodium, 22 g carbohydrate, 7 g fiber, 8 g sugar, 6 g protein. Daily Values: 140% Vitamin A, 15% Vitamin C

## GRILLED WATERMELON WITH MINTED SALSA BITES

Serves: 12  
Source: Season magazine, Back-to-School 2014, Volume 8, Issue 4

### ALL YOU NEED:

- 2 cups diced strawberries
- 2 kiwi, peeled, quartered and thinly sliced
- 1/4 cup chopped red onion
- 1 jalapeno pepper, seeded and finely chopped
- 1 tablespoon chopped fresh mint
- 1 tablespoon fresh lime juice
- 1 (3-pound) seedless watermelon
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1/2 cup feta cheese crumbles

### ALL YOU DO:

In a bowl combine strawberries, kiwi, red onion, jalapeno pepper, mint and lime juice.

Cover and refrigerate until ready to serve.

Preheat grill for direct grilling over medium-high heat. Cut watermelon into 1-inch-thick slices. Place watermelon slices on grill rack. Grill about 2 minutes or until watermelon is lightly seared, turning the watermelon once halfway through grilling.

Remove watermelon slices from grill. Sprinkle with salt and pepper. Cut each slice into 6 wedges.

Transfer wedges to a serving platter; top with salsa and cheese.

Nutrition Facts per Serving: 70 calories; 1 g fat (0.5 g sat, 0 g trans); 5 mg cholesterol; 130 mg sodium; 14 g carbohydrate; 2 g fiber; 10 g sugar; 2 g protein. ♦

*Amy Clark received her Bachelor of Science Degree in nutrition and dietetics from Iowa State University in 2003 and completed her dietetic internship at Iowa Methodist Medical Center in 2004. She is a member of the Academy of Nutrition and Dietetics and Iowa Academy of Nutrition and Dietetics. Amy completed CDR Certificate of Training in Adult Weight Management in November 2006. This information is not intended to be medical advice.*



# DEERY BROTHERS

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 Hours: Mon. - Fri. 8:00 am – 5:00 pm

\*Tickets purchased after 5pm on Sept. 15th will be sold at the door price of \$15.





Co-founders of the Overflow Thrift Store on South Duff Avenue in Ames, from left to right, Michael Sulc, Cathy Twito and Tami Hicks (featured on page 30). PHOTO BY TIFFANY HILFIKER/FACETS

**NAME:** Cathy Twito

**AGE:** 58

**POSITION:** Director of Merchandise and Design at Overflow Thrift Store

**FAMILY:** husband, Roger, six kids: Sarah, 32, married to Sam, and they have three lovely daughters: Selah, 4 1/2, Abi, 2 1/2 and Ellie, 6 months; Caleb, 31, and married to Amy with one awesome son, Silas, 15 months; Anna, 28, and married to Danny and expecting a son in October; Daniel, 26; Nathan, 19; and Michaela, almost 16.

**WHAT WOULD YOU DO WITH \$1,000 TO SPEND ON YOURSELF?**

Oh, my — quite honestly, I found this to be a tough question, but after giving it some

thought, I finally figured out what I'd do: I'd tuck the money away as the start of a plane ticket to visit the kids we're impacting through the thrift store.

**YOUR FAVORITE MEAL:**

Marinated chicken from the grill, fresh lettuce from the garden, and Iowa peaches and cream sweet corn — yum!

**CRAZIEST FASHION YOU EVER WORE:**

In high school, we wore pants that we called "elephant" bells — absolutely HUGE bell bottoms.

**WHAT MAKES YOU LAUGH?**

My husband, my kids and their families. We have a lot of fun together.

**WHAT HAVE YOU ACCOMPLISHED THAT HAS MADE YOU PROUD?**

Homeschooling for 26 years, cultivating a green thumb and learning to make and can some really great salsa, writing a couple of Bible studies, and most recently, working hard to set up Overflow thrift store.

**HOW DO YOU TAKE CARE OF YOURSELF FINANCIALLY?**

Spend wisely and never overspend the credit card.

**HOW DO YOU REWARD YOURSELF?**

Dark delicious chocolate — but just a little!

**WHEN I AM AN OLD LADY:**

I hope I'm healthy enough to keep serving the people around me.

**MY SIMPLEST PLEASURE:**

Heart-to-heart conversations

**FAVORITE WARDROBE STAPLE:**

Knee-length denim skirt

**BEST TIP TO LOOK AND FEEL GREAT:**

Spend some quiet time in prayer each day.

**WHAT FINANCIAL ADVICE WOULD YOU GIVE OTHER WOMEN?**

A penny saved is more than a penny earned.

**YOUR FAVORITE MOTTO:**

Pray always!

**WHAT MAKES YOU HAPPY?**

A big squeeze hug from one of my sweet grandkids.



# FACETED WOMAN: TAMI HICKS

NAME: Tami Hicks

AGE: 40

POSITION: Realtor/wife/  
founder

FAMILY: Married, no kids

WHAT WOULD YOU DO  
WITH \$1,000 TO SPEND ON  
YOURSELF?

I would probably save most,  
spend a small amount on some-  
thing fun or something I've been  
wanting, tithe and go out to eat.

YOUR FAVORITE MEAL:

Hickory Park pork ribs,  
applesauce and cheese balls,  
and ice cream for dessert. A  
Coke to drink would be good,  
too.

CRAZIEST FASHION YOU  
EVER WORE:

The 80s would have to be the  
craziest; I'm pretty tame in that  
category.

I NEVER LEAVE HOME  
WITHOUT:

Cell phone and hair tie  
(ponytail holder).

YOUR FAVORITE MOTTO:

Keep calm and trust God.  
Pray continually. Do not  
conform to the pattern of this  
world, but be transformed by  
the renewing of your mind.  
(Romans 12:1-2). Keep learning.  
Work hard, play harder. Stop  
and smell the roses (or take pic-  
tures of them). Find joy in the  
simple things.

WHAT MAKES YOU  
HAPPY?

Sunrises and sunsets over  
the lake (or the ocean), taking  
photos of wildlife and spending  
time with family.

WHAT MAKES YOU FEEL  
CONFIDENT?

God has given me experi-  
ences that make me confident in  
who He has made me — and has  
blessed me to care less and less  
about what others think of me.  
If I'm walking in the right steps  
— it shouldn't matter what they  
think.



Co-founders Michael Sulc, Cathy Twito, store manager Amanda Chelliah and co-founder Tami Hicks at the Overstock Thrift Store in Ames. PHOTO BY TIFFANY HILFIKER/FACETS

WHAT MAKES YOU  
LAUGH?

My husband, old TV shows  
and lots of other things ...  
including myself.

WHAT HAVE YOU  
ACCOMPLISHED THAT HAS  
MADE YOU PROUD?

Opening Overflow Thrift  
Store has probably been my  
best accomplishment.

DO YOU BELIEVE IN NEW  
YEAR'S RESOLUTIONS?  
DO YOU HAVE ONE THIS  
YEAR?

Not really, I'm constantly  
setting goals and meeting them  
or resetting them.

BEST TIP TO LOOK AND  
FEEL GREAT:

Believe in the person God  
made you and trust that He will  
help you accomplish your tasks.

IF YOU COULD DO OR BE  
ANYTHING YOU WANT,  
WHAT WOULD IT BE?

A traveling photographer  
and/or a 'product tester' ... and  
maybe an architect.

MY IDEA OF A NIGHTMARE

JOB: Counselor.

HOW DO YOU TAKE  
CARE OF YOURSELF  
FINANCIALLY?

Budgeting and frugality.

IF YOU KNEW THEN WHAT  
YOU KNOW NOW, WHAT  
WOULD YOU HAVE DONE  
DIFFERENTLY?

I would've traveled more —  
worked less and saved more.

HOW DO YOU REWARD  
YOURSELF?

Cookies and ice cream or a  
trip to the lake.

MY SIMPLEST PLEASURE:

Sunrises and sunsets, birds,  
animals, ice cream, cookies,  
soda, good food.

WHEN I AM AN OLD LADY:

I want to live by and walk on  
the beach.

I AM THANKFUL FOR:

My wonderful husband and  
the Gospel.

FAVORITE WARDROBE  
STAPLE:

Blue jeans and comfortable  
shirt.

I SECRETLY LOVE:

Oatmeal raisin cookies and  
Coca-Cola.

WHAT FINANCIAL ADVICE  
WOULD YOU GIVE OTHER  
WOMEN?

Learn how to balance your  
checkbook and keep a budget,  
and if you know how to do that,  
then learn how to tithe and give  
to others.

HOW DO YOU GIVE BACK  
TO YOUR COMMUNITY?

I think Overflow Thrift Store  
is a method of giving back —  
offering an alternative thrift  
shop, a place a frugally shop,  
give and serve — also, I help  
with economic development  
through our Board of Realtors  
and other things

WHERE WOULD YOU LOVE  
TO VISIT ON VACATION?

Italy and Portugal are on my  
bucket list, but I love the lake,  
mountains and the ocean, so  
any of those are fine too.



## OUR STORY:

# AMES FORD LINCOLN

Since Ames Ford Lincoln first set up shop on the corner of Airport Road and Duff Avenue in November 2012, it has served the Ames community and more than doubled in size. Nick Johnson, General Manager and Owner with Casey Johnson, said the dealership started with 18 employees and around 140 vehicles and now manages 50 employees and over 300 vehicles.

The burgeoning car dealership offers a variety of new Ford and Lincoln models, pre-owned vehicles, a complete service department, parts and tires.

Ames Ford Lincoln competes with other dealerships with its "Best Price" policy, its pre-owned vehicle return guarantees, and their overall sales experience.

Johnson said that all vehicles are priced to eliminate the need for negotiating and level the playing field for buyers. He called this the "Best Price" policy.

"We put our best price up front and in writing," Johnson said. The business also sets itself apart from the rest of the pack by insuring its pre-owned vehicles with a seven-day Like it or Return it Policy and a 30-Day Exchange Policy. If a customer is unhappy with their vehicle purchase for any reason, they can simply return the vehicle within seven days for a 100 percent refund, no questions asked. If within 30 days of purchase a customer is unhappy with the vehicle, they can apply the full purchase price to any other vehicle on the lot.

Johnson said that shopping for a used vehicle is often times filled with uncertainty and stress for buyers and that Ames Ford Lincoln works hard to provide a relaxed shopping experience.

Unlike some dealerships, Ames Ford Lincoln pays its Sales Consultants based on customer satisfaction instead of on commission. He explained that this practice helps ensure that Sales Consultants focus on what buyers want instead of steering them toward the most expensive cars on the lot.

In regards to the Service Department, he added that Ames Ford Lincoln has the lowest dealer labor rates in the area, that all tires are sold at \$5 above their cost, and that 2014 model year loaner vehicles are provided free of charge for service customers. They also have a complimentary shuttle service and provide free pick-up and drop-off.

He added that it is very important for Ames Ford Lincoln to be actively involved in the community and local charities. Ames Ford Lincoln has partnered with local events like the American Cancer Society's Relay for Life, St. Cecilia Gala, and A Ride to Remember for Alzheimer's with ISU football coach, Paul Rhoads.

## AT AMES FORD LINCOLN WE PROMISE YOU...

- **Our Best Price, Upfront & in Writing**

- You'll see our best price on the windshield of every new & pre-owned vehicle on the lot, 24/7

- **Forever Warranty**

- When you buy any new vehicle at Ames Ford Lincoln, you receive a Powertrain Warranty Forever. It simply comes standard with every new car we sell.

- **A Relaxed Shopping Experience**

- **Non-commissioned Sales Staff**

- **You Can't Buy the Wrong Vehicle**

- Our goal is to make sure everyone drives home in the right car or truck, but we know things can change. That's why we offer a:

- **7-Day Like it or Return it Policy**

- **30-Day Exchange Policy**

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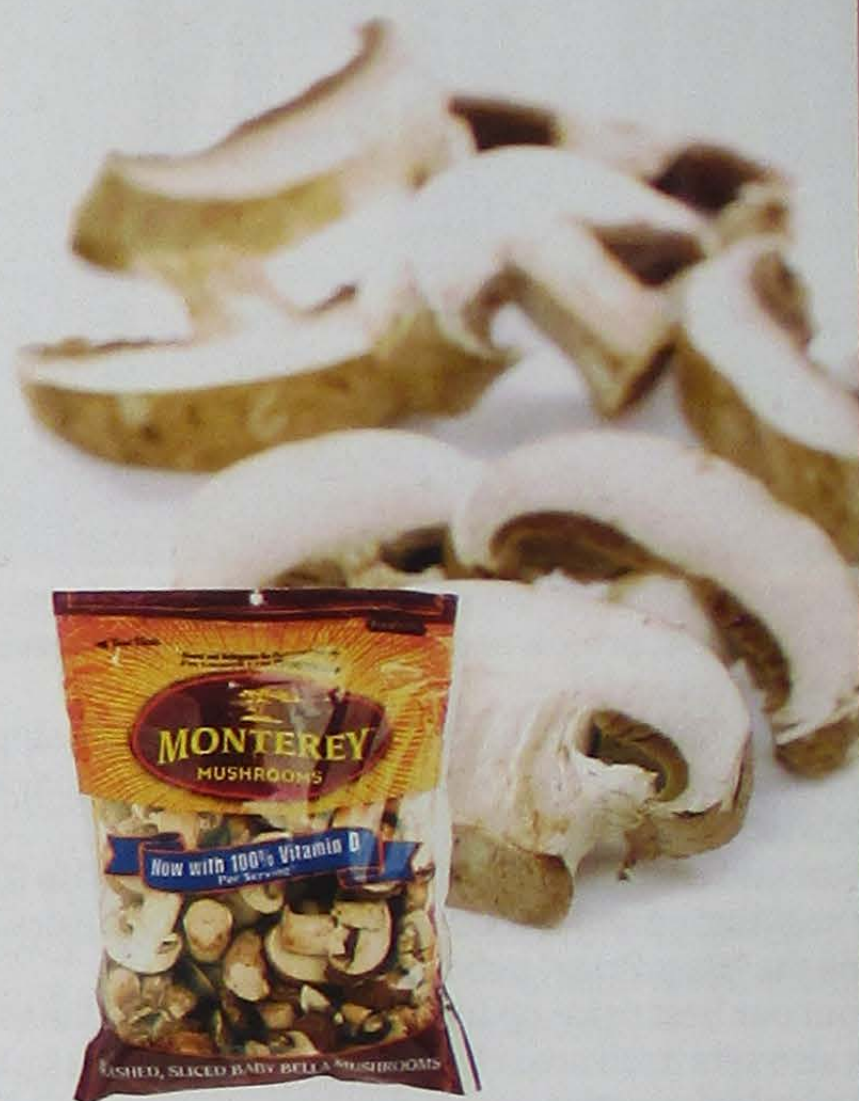


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**Nicole Arnold**

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**Amy Clark**

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For recipe ideas using mushrooms, contact your local Hy-Vee dietitian.

*This information is not intended as medical advice. Please consult a medical professional for individual advice.*